



## SUPPORT DIRECTORY

It is important to take extra care in looking after our physical and mental wellbeing as the impacts of Coronavirus may affect us in overwhelming ways. However, we are not alone, and there are multiple services offering support lines to Australians who need it. We have curated a list of support lines, information resources and emergency services that you may find useful throughout these times.

### SUPPORT LINES

- **Lifeline's Crisis Support Chat**  
13 11 14  
Available 24 hours a day
- **Kids Helpline**  
1800 551 800  
Available 24 hours a day
- **Suicide Call Back Service**  
1300 659 467  
Available 24 hours a day
- **Beyond Blue**  
1300 224 636  
Available 24 hours a day
- **Headspace**  
1800 650 890  
Available 24 hours a day
- **ReachOut**  
[au.reachout.com](http://au.reachout.com)
- **Women's Domestic Violence Helpline**  
1800 007 339  
Available 24 hours a day
- **Newman Women's Centre**  
08 9175 5100
- **MensLine Australia**  
1300 789 978  
Available 24 hours a day
- **Ngala Parenting Line**  
(for parents of children 0 to 18 years)  
1800 111 546  
Available from 8am to 8pm
- **Aboriginal Family Domestic Violence Hotline**  
1800 019 123
- **1800Respect**  
1800 737 732

- **National Disability Abuse and Neglect Hotline**  
1800 880 052
- **Advocare**  
Contact Erica 0438 933 994  
or Aneka on 0400 644 887

### HOSPITAL AND MEDICAL FACILITIES

- **Newman Hospital**  
9715 8333  
Mindarra Drive, Newman 6753
- **Newman Medical Centre**  
9175 1231  
54 Mindarra Drive, Newman 6753

Remember, in times of an emergency  
call **000** immediately.

### GENERAL ADVICE AND INFORMATION

- **COVID-19 East Pilbara Update**  
[eastpilbara.wa.gov.au/COVID-19-East-Pilbara-Update](http://eastpilbara.wa.gov.au/COVID-19-East-Pilbara-Update)
- **HealthyWA website**  
[healthywa.wa.gov.au/Articles/A\\_E/Coronavirus](http://healthywa.wa.gov.au/Articles/A_E/Coronavirus)
- **State Government Coronavirus Page**  
[wa.gov.au/government/covid-19-coronavirus](http://wa.gov.au/government/covid-19-coronavirus)
- **Commonwealth Department of Health**  
[health.gov.au/resources/collections/novel-coronavirus-2019-ncov-resources](http://health.gov.au/resources/collections/novel-coronavirus-2019-ncov-resources)
- **Coronavirus Health Information Line**  
1800 020 080  
Available 24 hours a day